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ABSTRACT

Addressing the effects of rapidly escalating divorce rates on children, this 86-item annotated bibliography looks at using bibliotherapy individually, in designated groups, or for whole classes as a means of providing support and growth for preadolescents. Topics and specific problems addressed by the entries in the annotated bibliography include: loyalty, conflict, guilt, embarrassment, fear of abandonment, anger, denial, somatic symptoms, depression, school and peer upsets, dealing with stepparent, blended families, and spousal hostility. Materials in the annotated bibliography are divided into three main sections: books for preadolescents; self-help books for parents and materials aimed at increasing their understanding and support of their children; and readings for teachers and counselors to help them become more aware of the needs, difficulties, and possible approaches to help meet the concerns of preadolescents. (RS)

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Annotated Bibliography

for

Preadolescents from Divorced Families

and

Their Parents and Teachers

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Introduction to Annotated Bibliography for Preadolescents of Divorced Families and Their Parents and Teachers

The effects of the rapidly escalating divorce rates on children has been well-documented by several noted researchers including Wallerstein (1980, 1989), Elkind (1988), and Featherstone, Cundick & Jensen (1992). The collection of literature, which follows, addresses those concerns and looks at using bibliotherapy, individually, in designated groups or as whole classes, as a means of providing support and growth to those directly involved in their changing family structures.

The value of literature has been recognized by educators as one method for understanding social problems and recognizing various models of behavior. By interconnecting the experience and knowledge of the teachers with the developmentally unique needs of the preadolescents experiencing parental separation, bibliotherapy could easily become a natural and meaningful approach.

Introduction

I acknowledge that bibliotherapy, with emphasis on the processes of identification and projection, would be second nature to many teachers. This could be a powerful avenue for addressing the social, emotional and cognitive needs of preadolescents facing parental separation and family transitions. The integration of the arts into the materials listed would further the opportunity for meaningful responses and growth for these students. Referrals should be directed to trained school personnel for individual counseling when teachers recognize the need.

Counselors would be able to provide additional training workshops so that the books in this bibliography could be used within a specific enrichment group designed for the population under consideration. Smaller desiginated groups would provide opportunity for catharsis as well as integration and insight on a deeper level. Listings for teachers and counselors include several books and journal articles which provide models for bibliotherapy and group therapy as well as substantiate the value for the preadolescents involved in desiginated groups. Training is essential for employing the latter as a technique for working with preadolescents.

Introduction

In a recent presentation at Plymouth State College, Kathy Birkett cited Pardeck and Pardeck (1986) for guidelines concerning the choice of literature for bibliotherapeutic purposes. Developmental level, reading suitability and the need for the stories to be well-written and current were the most important considerations. Pardeck and Pardeck (1986) provide many activity suggestions for getting the most from literature. Again, it should be noted that integrating many art forms enhances the experiences of the students when they are studying and identifying with this literature.

These above characteristics were foremost in the selection of following literature. Also taken into account were the needs and difficulties expressed by numerous researchers in a review of current literature relating to the adjustment and transition processes for preadolescents of divorce. Many topics and specific problems found to be prevalent for this age group include: loyalty conflict, guilt, embarassement, fear of abandonment, parentification, anger, denial, somatic symptoms, depressions, school and peer upsets, new romantic involvement of parents, adjusting to an absentee father, dealing with stepparents, blended families and spousal hostility. These were major considerations as I searched well over a thousand books that would be most meaningful for the child, parent and teacher.

Introduction

Several annotated bibliographies and interviews with teachers, a reading specialist and a child psychologist gave me, in many instances, more than one opinion to help in my evaluation of materials.

The materials are subdivided for the three main groups. Preadolescents' books are followed by a listing of materials for parents including self-help types as well as titles aimed at increasing their understanding of and supporting of their children. The last selection involves readings for teachers and counselors in an effort to help them become more aware of the needs, difficulties and possible approaches which can be pursued in an effort to better meet the concerns of preadolescents.

This material will be presented to the Board of Directors of the Kings County Teachers' Centre which serves as a resource for the over 700 teachers employed in Kings County, Nova Scotia. Interested persons will be encouraged to bring their own materials and resources suitable for working with preadolescents who are experiencing family erosion due to separation or divorce. Collectively, these materials will be assessed by grade 4-6 teachers, reading specialists, school counselors and the county psychologists. Based on their findings, a permanent collection can be proposed for the Centre library for loan to all of the schools within the system.

Introduction

At present, the Teachers' Centre library contains very little information on this topic. Not only will it be introduced at the county level, but the opportunity for conducting workshops on the effects of divorce on children as well as presentations on the value of bibliotherapy and integration of the arts will most likely result from this research. The challenge is there and worthy of pursuit.

References Not Included in Bibliography

Bernstein. J. and Rudman. M. (1989). Books to help children cope with separation and loss: An annotated bibliography Vol.2. New York: Bowker Press.

Birkett. K. (1993. August). Bibliotherapy and children of divorced parents. Paper presented at Plymouth State College M.Ed. program, Plymouth: New Hampshire.

Brenner, A. (1985). Helping children cope with stress (2nd Edition). Lexington, Massachusetts : Lexington Books.

Coleman. M. and Ganong, L. (1990). The uses of juvenile fiction and self-help books with stepfamilies. Journal of Counseling and Development , 68, 327-331.

Dreyer, S. (1989). The bookfinder 4: When kids need books . American Guidance Service.

Ehle. M.(1982. February). The Velveteen Rabbit, the little prince, and friends: Posacculturation through literature . Paper presented at Annual Meeting of the Profesional Clinic Association of Teacher Educators. Phoenix, Arizona.

Elkind. D. (1988). The hurried child growing up too fast too soon (Revised Ed.). Reading: Massachusetts : Addison Wesley Publishing Company, Inc.

Featherstone. D.. Cundick, B., and Jensen, L.(1992).Differences in school behaviour and achievement between children from intact. reconstituted, and single parent families. Adolescence , 27. 105.

Gillespie, J., and Naden, C. (eds.). (1990). Best books for children: preschool through grade 6 .(4th ed.).New York: Bowker Press.

_____ (ed.). (1991). Best books for junior high readers . New York: Bowker Press.

Gillis. R. (1978). Children's books for times of stress: An annotated bibliography . Indianna University Press.

Pardeck, J. A., and Pardeck, J. T.(1984). Young people with problems: a guide to bibliotherapy . Westport, CT: Greenwood Press.

Rudman, M. (1984). Children's literature: An issues approach . New York : Longman Publishers.

Wallerstein, J. (1989). "Children after divorce." New York: New York Times Magazine, January 22, 1989.

LITERATURE FOR PRE-ADOLESCENT CHILDREN

Adler, C. (1980) . In Our House Scott is My Brother . New York: Macmillan.

A divorce that did not transpire very successfully is dealt with from the perspective of a 13 year-old boy. It is suitable for grades 5-8.

Adler, C. (1988). The Silver Coach . New York: Avon Paberbacks.

Chris and her sister are sent off to their grandmother's house for their summer vacation. Meanwhile, their parents are in the process of working out a divorce. Suitable for grades 4-7.

Adler, C. (1986). Split Sisters .New York: MAcmillan.

This story is geared for grades 5-7. The setting is in Manhattan and involves, as the title suggests, two sisters who are being split up. One girl goes with her mother and the older daughter very resentfully stays with her step father. Loyalty conflict and abandonment are two of the common feelings of preadolescents which come to the fore in this book.

Angell, J. (1981). What's Best For You ? .New York: Bradbury Press.

Three children's reactions are shown in post-divorce situations. The oldest, a teen goes to live with the non-custodial father. Realistic views of adjustment struggles in the new family are portrayed.

Benjamin, C.(1982). The wicked stepdog .New York: Harper.

Suggested for grades 4-7, this book tells about a young girl going through puberty problems and another major adjustment when her father remarries. Louise has her moments. Note the title and how it reflects the idea of the wicked stepmothers and ugly stepsisters of fairy tales.

Berger, T.(1983). How Does it Feel When Your Parents Get Divorced ? . New York: Julian Messner.

A twelve year old looks at her feelings during the divorce of her parents. Her coping mechanisms are revealed.

Betancourt, J. (1986). Puppy Love . New York: Avon Paperbacks.

Ariva is just beginning to adjust to her new situation following her parent's divorce. Unfortunately, all of a sudden, her parents seem to be living their own separate lives and relationships which is confusing for Ariva who at about the same time has a real crush on Bob. Suggested level of appropriateness is grade 5-6.

Blume, J. (1972). It's Not the End of the World . New York: Bradbury.

Blume tells about a twelve year-old girl who thinks that her life is all over following her parent's divorce. If that wasn't enough, her older brother decides to run away. Her world seems to be crumbling all around her. Grade levels are 4-7 .

Bograd, L. (1986) Poor Gertie . New York: Delacorte Press.

A girl is living with her mom and granddad after the divorce. Girl finds solace in drawing and affection in the family to help her adjust. Even the threat of poverty gets scared away because of her ingenuity.

Brooks, J. (1973). Uncle Mike's Boy . New York: Harper & Row.

Pudges ,a twelve-year old, experiences the friendship of his uncle during his parent's very difficult divorce and subsequent death of his closest friend, his sister. Shows realistic action by Pudges and his coping strategies during a highly stressed time in his life.

Brown, L. and Brown, M. (1986). Dinosaurs Divorce: A Guide for Changing Families .Boston: Atlantic Monthly Press.

This book includes a vocabulary about divorce which could be helpful for discussion. Written and illustrated in a cartoon style. Dinosaur family experiences divorce. Best to be used for younger children with an adult or with an undertanding older sibling.

Byars, B. (1982). The two thousand pound goldfish .New York: Delacorte Press.

A young boy invents a horror story about a monstrous goldfish. His involvement with his story helped him deal with abandonment by his mother and the illness of his grandmother. His fantasy script was a way for him to protect his feelings and protect himself.

Danziger, P. (1982). The Divorce Express . New York: Delacorte Press.

This book is suggested for grades 6-8. Phoebe is a ninth grader who travels weekly to New York to visit with her mother after living with her father during the week. Teenagers will recognize her many attempts to cope with her feelings especially when she gets involved in pranks and fights at school as an expression of her anger.

_____. (1985). It's an Aardvark-Eat-Turtle World . New York: Delacorte Press.

An unusual book with a needed theme;it is recommended for grades 6-8. The story is about two school friends whose divorced parents decide to move in with each other and form a new family. This blended family is the scene for many interpersonal conflicts and attempted sabotage on the part of one of the girls. The constant changing relationsip of a family is a truism of society and needs literature concerning same.

Fine, A. (1989). My War With Goggle Eyes .Boston: Little.

Suggested for grades 5-8. The story is about a girl and her relationship with her stepfather. Going through the loss of her father and trying to bond with a new father is the storyline .

Gardner, R. (1971). The Boy's & Girl's Book About Divorce .New York: Bantam Books.

Written in an 'everything you ever wanted to know" style. This is more suitable as a resource for use with older children. It takes a look at guilt, love, anger, getting along after the divorce with both parents and step parents. An older child could share this with a younger sibling or the parent(s) could use it as a resource for their children following the separation.

Giff, P. (1984). Rat Teeth. New York: Delacorte Press.

Radcliff is a grade five student who struggles with the divorce of his parents and consequently having to go to a new school. Since the divorce, his luck seems to be going down hill. His teeth have started to protrude and his team loses a major game because of his error. Humour and empathy are stong components of this story.

Girard, D. (1988). At Daddy's on Saturdays .Niles, Illinois: Albert Whitman.

Following the divorce, Katie's father moves away. This book tells how her mother and her teacher help her make it through the week until Saturday. She does get to see her dad on the weekends.

Hammer, B. (1971). Night Daddy . New York:Dell Publishing.

Julia lives with her mom who works night shifts at the hospital. Her babysitter is Night Daddy. At first she resents the sitter but eventually come to grips with the divorce and with Night Daddy.

Henkes, K. (1978). Two Under Par .New York: Greenwillow Publications.

This story shares the misery and unhappiness that Wedge experiences adjusting to his new stepfather. The title comes from the fact that the new parent is a miniature golf king. The prospects of having a new baby in the family do not improve Wedge's state of joy. This is for grades 4-6.

Jayanti, A. (1981). Silas and the Mad-Sad People .Stanford, California: New Seed Press.

An elementary school-aged boy has experienced constant parental fighting and is actually relieved when his father moves out and sets up a new home. He doesn't have to deal with his mismatched parents who were so miserable together. The damaging effects of parental conflict and the reason why parents divorce are two of the underlying issues here.

Jones, R. (1983). Madelaine and the Great (Old) Escape Artist . New York: E.P. Dutton Publishers.

A sixth grader had to move with her mother to her mother's hometown after the divorce. She finds it difficult to make new friends. She is soon diagnosed as having a seizure disorder and finds a friend in a crotchety old woman who teaches her that diversity in her life makes her a stronger person.

Kehle, M.(1983). In the middle: What to do when your parents divorce . Wheaton, Illinois: Harold Shaw Publishers.

A nonfictional read, the author offers advice to preadolescents about dealing with their fear, anxiety, guilt and other difficulties in the wake of a parental divorce. Parental dating, remarriage, and stepfamilies within a Christian perspective are looked at. It is good to see that relational difficulties are being recognized and addressed by some of the more fundamental religious organizations. The author is a counseling psychologist.

Klein, N. (1981). Robbie and the Leap Year . New York: Archway.

This story is geared for grades 4-6 and tells about the challenges and trials of Robbie who spends alternate weeks with each of his separated parents. Different rules and regulations apply at each of their respective houses but he is learning how to get along with them as individuals.

Konigsburg, E. (1970). George . New York: Atheneum Press.

Ben creates an imaginary friend, George, to help him deal with his feelings. George, who is obnoxious, allows Ben to act out his feelings vicariously. Divorce had come as a shock to both Ben and Howard who had no advance inclination. Suitable for grades K-6.

Krementz, J. (1984). How It Feels When Parents Divorce . New York: Knopf.

Children from age 7-16 express feelings about their parents' divorces. Honesty prevails as they discuss the pros and cons of joint custody and the adjustments that they must make when their parents start to date again or remarry. Young readers will gain support from this book by knowing that they are not alone in their dilemmas.

LeShan, E. (1986). What's going to happen to me? When parents separate or divorce .New York: Aladdin Books.

A discussion of divorce issues that involves preteens. Unanswered questions, feelings before and after the divorce and methods of coping with personal and family problems are addressed. Several situations and possible solutions are dealt with.

Major, K. (1987). Dear Bruce Springsteen .New York: Delacorte Press.

An award winning Canadian author who has an uncanny sense of seeing his work through the eyes of a teenager. He uses their language and perspective on many issues. Simillar to the idea of Dear Mr. Henshaw , this is about corespondence between a fourteen year-old and a famous musician. During said intercourse, he expresses his problems coping with his parents' separation and his difficulties with girls.

Mann, P. (1973). My Dad Lives in a Downtown Hotel . New York: Doubleday.

Joey was only ten years old when he heard the door slam in the middle of the night which signalled the exodus of his father from the home and the marriage. Joey experienced confusion about hating his father and at the same time wanting to be near his father.

Mark, J. (1986). Trouble Halfway . New York: Macmillan.

A young English girl discovers a lot about herself and about her new step-father when they go on a trip to the north of England. Grade 5-7 readability.

Mayle, P. (1978). Why Are We Getting a Divorce ? . Knob Noster, Montana: Crown Books.

Original title was " Divorce Can Happen to the Nicest People". This book shares several topics with sensitivity, humour and illustrations. Marriage, divorce misconceptions, living with one parent, and dealing with feelings of loss and hurt are dealt with. Why parents get married, what goes wrong, who's to blame and how children can make friends with their mother and father separately are also considered.

McDonnell, C. (1986). Count Me In . New York: Viking Press.

Katie's family is split by divorce. Later a remarriage takes place and she wants to be a part of it. Adjustment is needed for both the break-up and the reuniting of the family. Grade 5-8.

McGraw, E. (1983). Hideaway . New York: Atheneum.

A twelve-year-old runs away from home and his mother's new marriage. He ends up in a deserted ancestral home and injures his leg. A good Samaritam takes him in and encourages him to return to his stepfamily. This is a good look at some of the difficulties that children have making adjustments to the rapidly changing family strutures.

Neufield, M. (1978). A Book for Jodan .New York: Atheneum.

Jodan is involved in the midst of her parents splitting up. She experiences guilt, anger and frustration. Her father gives her a special scrapbook which helps her feel good about herself and her parents. This strengthens her sense of security.

Nickman, S.(1986). When mom and dad divorce .New York: Julian Messner.

Several short vignettes, easily read, are introduced in a real life-like manner. After each story, the author gives guidance and clarification to the readers about divorce and some of its implications. Topics include stepfamilies, shared custody and also a 'how to talk to parents' story. This is one of a series of books by Nickman and comes highly recommended by Kathy Burditt, a reading specialist and divorcee.

Park, B. (1989). My Mother Got Married and Other Disasters . New York: Knopf Publishers.

After struggling through the idea of his parent's divorce, Charlie has another major problem confronting him. His mother suddenly has a new boyfriend and Charlie is not quite sure about having someone else on the scene. Grade 4-6.

Pearson, K. (1988). A Handful of Time . New York: Viking Press.

A novel about a parental divorce which takes place while their daughter is away. Patricia is at the house of her aunt and cousins and is ill at ease there. She feels distanced not only geographically but emotionally from her parents.

Pomerantz, B.(1985). Who Will Lead the Kiddish ? . UAHC.

This is a story concerning a young Jewish girl who spends the Shabbat at her father's apartment. She is trying to come to terms with the divorce. Her father gives her her own Kiddish cup to take home with her. This is for pre-school but is included to show specific Jewish strategy for dealing with a holiday. Could be shared by an older sibbling with younger ones if situation warrants.

Pursell, M. (1976). A Look at Divorce .Minneapolis: Lerner Publishers.

(Recommended by Counselor)

Ryan, T.(1986). What to do when mom and dad divorce .Nashville, Tennasee: Abington Press.

This story is included because it is written by a young boy who has had to live through his mothers's two divorces. Practical situations are looked at including change of schools, money problems, baby sitters, homework and the need for a father for the 'man-stuff'.

Sanford, D. (1985). Please Come Home . Portland, Oregon: Multimomeh Press.

Realistically, based on her developmental stage, this eight-year old daughter wants her parents back together again. She is afraid of what will happen to her. When she sees that the separation is permanent, she finds solace in her teddy bear. She learns to feel okay by herself. "I used to think that I would hurt forever but I don't".

Schuchman, J. (1979). Two Places to Sleep . New York:Carolrhoda Books.

Seven year old David is living with his father in the original house and goes to visit his mother on the weekends in her apartment. This book is included because it is the father who is the custodial parent and it emphasizes the happiness that David has with each parent and also the fact that he is not at fault.

Simon, D. (1983). I Wish I Had My Father . Niles, Illinois: Albert Whitman Concept Books.

This books looks at the feelings of rejection and sadness after the non-custodial parent has departed. When the teacher suggests that he make something for Father's Day, it brings home the fact that he no longer sees his father. His wishes for a phone call, a post card, or some other indication of affection from his absent father are left unfullfilled. The book may be a good basis for children and adults to communicate about the absent parent.

Terris, S. (1981). No scarlet ribbons .New York: Farrar.

This book is included because it deals with the adjustment following divorce and the consequential new marriage of the custodial parent. When Rachel feels a sense of rejection, she is determined to ruin her mom's new marriage. Suggested for grades 5-7. Terris (1986) also penned about latchkey kids.

Wolitzer, H.(1984). Wish you were here .New York:Farar.

Suggested for grades 5-8. Bernie is not very happy living with his new stepfather and he decides that he will move to Florida and live with his grandparents instead.

Wolkoff, J. (1984). Happily ever after...almost .New York: Dell.

After getting over a single parent home, Kitty now has a stepfather and recounts her change in routine with this new family member. This is suggested for grades 5-8.

Anderson, H. and Anderson, G. (1981). Mom and dad are divorced, but I'm not: Parenting after divorce .Chigaco: Nelson-Hall.

This is a much needed book on the communication between parent and child considering that most damage to the child is because of poor interpersonal communication with the other parent and with the child. Some information is also included on single parenting and long-distance parenting.

Bienenfeld, F. (1987). Helping your child succeed after divorce .Claremont, California: Hunter House.

Stresses the keys to raising 'happy' children after divorce. The need for each parent to work on a closer relationship with the children after the divorce and for the sake of the children and working out a relationship with the former spouse are both keys to minimizing the effects of a divorce on the offspring. Cooperation for the sake of the children is the bottom line.

Dodson, F. (1987). How to single parent .New York: Harper & Row.

This book focuses on single parent custodial mothers. In the majority of cases, it is the mother who is left looking after the children. Topics include dealing with children's reactions to the divorce, parenting alone and how to handle visitation. The stages of child development are included as additional information for the parent.

Ferrara, F.(1985). On being father: A divorced man talks about sharing the new responsibilities of parenthood .New York: Doubleday.

There is a small percentage of fathers who, even in the 90s, become custodial parents but this is one of the few books available for them. It attempts to help the father deal with separation, running a household, discipline, dealing with the former spouse and other helpful topics.

Francke, L.(1983). Growing up divorced . New York: Simon & Schuster.

The author has based her material on researchers such as Wallerstein, Hetherington and others in an effort to put a book together explaining the reactions of children of different ages to divorce. There are sections on children ages 6-8 and from 9-12 included. It is designed as an easy-to -use reference book and has sections at the end of each chapter that tell how parents can help.

Gardner, R. (1977). The parent's book about divorce . New York: Bantam Books.

This book deals with the psychological effects of divorce on children. Many common potential difficulties are presented in a way that they can be dealt with in an effort to reduce the maladjustments of the children. Gardner emphasizes the significance of keeping the children involved with family, immediate and other, as well as possible support groups.

Grollman, E. (1972). Talking about divoce . Boston: Beacon Press.

Material in this book would appear to be most suitable for parents to use with pre-school children. Sometimes, a younger age book provides an opportunity to direct parents and older siblings into discussions with the pre-schoolers and during that process stumble upon new revelations of their own. It looks at the best ways to talk about divorce with children and also considers the worst ways to reveal the subject matter to them as well.

Krantzler, M. (1973). Creative divorce . Signet.

Recommended by Vicki Lanski. Krantzler, a therapist, wrote this book to help people cope with the crisis of divorce in their lives. It is referred to as a primer and also as being a positive approach.

Lansky, V.(1989). Divorce book for parents helping your children cope with divorce and its aftermath .New York: New American Library.

This is a delightful and challenging look at the difficulties, feelings for both parents and children. It is delivered in a neighbourly way with lots of good tips and hints which appear to be very helpful and also reflect wisdom which learned literature presents. Highly recommended for parents and for teachers. Lansky has worked through her own divorce and can offer humour with her truism.

Rodgers, J. and Cataldo, M. (1976). Raising sons: Practical strategies for single mothers . New York: New American Library.

Dealing with the uniqueness of a single mother raising a son. This book focuses on a redefining of gender roles and strategies for behaviorial parenting. Negation, setting rules, showing consequences and modeling are explained in this writing. The uniqueness of which this book spoke is becoming more of a fact with each subsequent decade.

Rogers, F. and O'Brien, C. (1987). Mister Rogers talks with families about divorce .New York: Berkley Books.

This is a conbined effort by the authors to facilitate communication between parents and their children especially during such a difficult time as divorce. Countless questions that children pose are tenderly dealt with in such a way as to help both parent and child assimilate some good basic material on understanding feelings and coping mechanisms.

Ricci, I. (1980). Mom's house, dad's house: Making shared custody work . New York: Macmillan.

This book is recommended by both Dr. Marian Mowatt and by Vicki Lanski. This material is geared toward helping parents co-operate in a successful joint parenting option. The importance of planning and being flexible are two of the themes that help turn what could be a disaster into a workable solution. It strongly advocates the need for a successful shared custody.

Roman, N. and Haddad, W. (1978). The disposable parent .

The purpose of this book is to stress the importance of the parents working together for the benefit of the children. It expresses the need to leave behind the love-hate relationship with the former spouse and set up a business or a working relationship. A careful organized plan for sharing custody needs to be worked out and a plan for decision making also needs to be designed. The possibility of having a neutral party help a pair of parents work things out might be beneficial.

Salk, L. (1978). _What every child would like parents to know about divorce . New York: Harper & Row.

This book deals with the effects of divorce on children. How to talk to the children and be honest with them are dealt with. The importance of maintaining emotional honesty and security in the family are addressed.

Steinzor, B. (1969). When parents divorce . New York: Pantheon.

Different types of marital relationships are discussed and the author refers to a "psychologically free relationship" in terms of a divorce. This sounds like a 60s book but none-the-less, offers practical suggestions regarding the children and maintaining a relationship after the divorce.

Stuart, G. (1980). _A divorce dictionary,a book for you and your children . Boston: Little, Brown.

Several vocabulary words associated with divorce are defined in straight forward language. It gives examples of these words through stories and case studies which should in turn facilitate the sharing of these terms with children.

Sullivan, M. (1988). The parent/child manual on divorce .New York:Doherty Associate/St. Martin's Press.

Discusses some of the false ideas that children have about divorce and encourages the child/parent to communicate even the unspoken questions. The idea of talking to teachers is stressed as well. There are stories in this book for the parent to share and discuss with the child.

Teyber, E. (1985). _Helping your children with divorce . New York: Simon & Schuster.

Several topics are included in this book that are often left out of other divorce literature. Examples of important and relevant issues are: separation anxieties, reunification fantasies, loyalty conflicts, parent-child role reversals and family discipline. Suggestions are also included on stepfamilies.

Wayman, A. (1987). Successful single parenting: A practical guide .Meadowbrook, New York:Simon & Schuster.

This is a format different than most books cited because it is in a check list style. It discusses healing time, positive attitudes, housework, behaviour problems and sex roles. These are topics that aren't often singled out in divorce literature. Other topics included are sexual values, dating, remarriage and stepfamilies.

Weiss, R. (1975). Marital separation . New York: Basic Books.

This author is a sociologist who has his own experiences as a divorced parent to call upon. It deals with material made available through the Parents Without Partners organization as well as from workshops and his own research. This is written in layman's language and should convince any parent reading it that they are not alone in their feelings and experiences

Anderson, R., Kinney, J., and Gerler, E. (1984). The effects of divorce groups on children's classroom behavior and attitudes toward divorce. Elementary School Guidance and Counseling . 19 70-76.

This journal article assesses the effects of divorce groups on elementary children's attitude toward divorce, classroom behavior and academic performance. Children were randomly assigned to a divorce group and a nontreatment group. Results showed children from the divorce group showed a significant improvement in attitudes toward divorce and classroom behavior.

Ball, D., Newman, J., and Scheuren, J. (1984). Teachers generalized expectations of children of divorce. Psychological Reports 54 (April 1984) :347-53.

This report examines teachers' expectations and finds that there are a lot of negative perceptions regarding children of divorced families. The negative seemed to be toward children with divorced mothers and particularly boys. The perceptions were negative with regards to class preparations, classroom behavoior, academic achievement and emotional adjustment to name a few of the 14 variables studied.

Bernstein,I. (ed.). (1977). A Single Parents' Survival Guide: How to Raise the Children . Dubuque, Iowa: Kendall/Hunt Publishers.

A source for parents and helpers. Anyone who works with children in this situation should find a wealth of information that is available to make the many transitions for children a bit smoother.

Bernstein, J. (1983). Books to help children cope with separation and loss .New York: Bowker.

A large collection of annotated bibliographies of both fiction and nonfiction books for use with ages from preschool to high school. This is particularly a good source for teachers because it dicusses uses and and the value of bibliotherapy.

Bonskowski, S., Boomhover, S, and Bequette, S. (1985). A group design to help children adjust to parental divorce. Social Casework 65 . (March 1984): 131-37.

A description of an eight-week group intervention for pre-adolescents to discuss divorce issues. Part of the strategies involved having the children mourn the loss of their family that used to be and to accept the positive aspects of their new family. Confidentiality was stressed by the leader for dealing with the changes caused by divorce and concerns about the future.

Bornstein, M., Bornstein, P., and Walters, H. (1988). Children of divorce: empirical evaluation of a group-treatment program. Journal of Clinical Child Psychology 17 (September 1988): 248-54.

This study dealt with 31 children, whose parents had been recently divorced, between the ages 7-14 and placed them in nontreatment and treatment groups.

Tremendous improvement was found in the treatment group Ss who had dealt with feeling identification, communication skills, problem solving and anger management. For the Ss in the nontreatment groups, an increase in family conflict was realized.

Bowker, M. (1982). Children and divorce:Being in between. Elementary School Guidance and Counseling 17(2): 126-130 .

This article recounts the production of a sound filmstrip as a means of expressing the experiences of children going through parental divorce. A group counseling approach was implemented with two same-sex groups at the grade five level. The group experiences were designed to develop interpersonal relationships, to work on problem solving skills as well as to express their feelings verbally. The filmstrip represented the colloborative effort of the groups in performing a concrete presentation. The pleasure of achievement and inceased self-esteem were noted as a change from the feelings of powerlessness shown over the family breakup. This model is recommended as counseling process.

Drake, E. (1979). Helping the school cope with the children of divorce. Journal of Divorce . 3:69-75.

The need for school personnel, especially teachers is the thrust of this article. It looks at the potential of the school as a resource for these children. Included are the effects of learning and school performance, relationships of these children with peers and their relationships with teachers and other adults at school. Literature that deals with social and educational effects of divorce as seen within the school are also cited. Direct and indirect methods of intervention are viewed.

Jewett, C. (1982). Helping children cope with separation and loss . Cambridge, Massachusetts: Harvard University Press.

This is a book designed for elementary teachers with the purpose of helping those teachers better understand the turmoils and needs of the students who are experiencing separation and loss.

Fassler, J. (1978). Helping children cope: Mastering stress through books and stories .New York: Free Press.

This is a book by a child psychologist with an appreciation for children's literature. Although this is for younger children, ages 4-8, the discussions, regarding the effects of different stressors on children, provide a good general base for helping the students. A review of pertinent literature is given with each of the several topics.

Gardner, R. (1971). The boy's & girl's book about divorce .New York: Bantam Books.

Written in an 'everything you ever wanted to know" style. This is more suitable as a resource for use with older children. It takes a look at guilt, love, anger, getting along after the divorce with both parents and step parents.

Garvin, J. (1984). Children of divorce--a challenge for middle school teachers. Middle School Journal 16 .(November 1984): 6-7.

This article invoke the teacher to take the time to understand the effects of divorce on the middle school students. A disproportionately lower academic achievement was found by children from single parent homes, especially boys. List of behaviorial symptoms which may indicate stress is included.

Graver, C. (1987). Group counseling program helps students deal with divorce. NASSP Bulletin , 71, 32-34.

This deals with records of a group counseling program that was used with over 200 children since its inception. The program was designed to present information about divorce and its effects. Also the group was designed for the sharing and caring of experiences, coping mechanisms and peer support for the bad times as well. Evaluations of parents and of students were positive.

Graver, C. and Morse, L. (1986). Helping children of divorce: A group leader's guide . Springfield, Illinois: C.C. Thomas.

This is a guide of actual materials and models designed for youth leaders, teachers and counselors for working with children who are experiencing divorce and other disruptions in their families. The material looks at a support group program--needs, goals, administrative support, funding and leadership. Not only does the book provide several topics and activities for use, it all gives lists of additional sources .

Gwynn, C and Brantley, H. (1987). Effects of divorce group intervention for elementary children. Psychology in the Schools , 24, 161-164.

This is a report of 60 children, ages 9-11 years, involved in an intervention group and in a control group. 30 children were put in the intervention groups while the other thirty children were left to attend their regular classes. The intervention group met for eight weeks. The children in the intervention group showed decreased depression, anxiety, and negative feelings about divorce. The results suggest that even a short intervention program assist in the child's adjustment.

Hausslein, E. (1983) . Children and divorce: An annotated bibliography and guide . Garland Reference Library of Social Science, 119. New York: Garland Press.

Although this guide is getting dated, it is significanmt because it includes additional listings as well as the regular journal articles and books. The additional materials include audiovisual, and organizations working with children.

Hetherington, M. and Arasteh, J. (eds.). (1988). Impact of divorce, single parenting and stepparenting on children . Hillsdale, New Jersey: Lawrence Erlbaum.

This represents a collection of 16 papers originally presented at a conference in 1985 by the National Institute of Child Health and Human Development. This is included in this bibliography because it provides a basis for stepparenting which often gets ignored in regular divorce writings. Demographic trends, parental conflict, adolescent self-esteem, children's development and stepparent families are discussed in this collection.

Kalter, N., Pickar, J., and Lesowitz, M. (1984). School based developmental facilitation groups for children of divorce: A preventive intervention. Journal of Orthopsychiatry 54. 613-23.

This article recommends the establishment of group intervention programs for the public school for children of divorce. The preadolescent age, was studied with fifth and sixth graders. An actual model program is presented including leader instructions and all the game rules for eight sessions. The results of their work suggests that children at this age are most interested in discussing topics such as parental battles, sadness, anger and anxiety. Other works by these researchers are available regarding this topic.

Nofsinger, M. (1990). Children and adjustment to divorce an annotated bibliograpghy . New York: Garland Publishing, Inc.

An extensive listing of materials for divorce related topics. There are four separate categories including books for those who work wth children in a non-counseling role (teachers, day care workers, etc.); those who work with adults in a non-counseling role (social workers, clergy, legal workers, etc.); mental health professionals who work in a counseling role with children/adults; and a listing of materials for parents and others concerned with helping children, young adults, friends and other parents. A brief listing of audiovisual materials is also included. A great resource for a public and school library.

Oppenheim, J., Brenner, B., and Boegehold, B. (1991). Choosing books for kids choosing the right book for the right child at the right time . New York: Ballentine Books.

This suggests top ten books that your child should have access to at any given developmental stage. The suggestions are prefaced with a short description of a ten-year-old, as an example, followed by the types of books that teachers, parents and librarians have found to be the most suitable in terms of readability, and subject matter. A good short course in choosing which books to buy for personal, school, or public libraries.

Pardeck, J. and Pardeck, J. (1985). Helping children cope with the changing family through bibliotherapy. Paper presented at the Annual Meeting of the National Association of Social Workers . January 31-February 3, New Orleans, Louisianna.

The use of literature as an effective tool for treatment of children experiencing difficulties associated with divorce, single-parent families and blended families is discussed. Because of the increased incidence of families in transition, several children are experiencing guilt, anger, anxiety, loss of security, diminished sense of belonging and lower self-esteem. The use of books which vent some of the same experiences and feelings allows these children to identify and gain some coping skills which can be applied to their own lives. A list of children's books is included. This should provide teachers with ideas, materials and encouragement to use bibliotherapy as part of a class meeting or smaller directed group.

Rudman, M.(1984). Children's literature an isues approach (second ed.). New York: Longman Inc.

An excellent resource for school libraries, this book includes an extensive listing of literature which includes issues such as divorce, new babies, foster children, blended families, special needs students, gender roles, death and war to name a few. A brief description of the story line and theme of each entry along with bibliographic information is included.

Wallerstein, J. (1989). "Children after divorce." New York: New York Times Magazine , January 22, 1989.

A brief article citing the ongoing effects of divorce on the children. This an easy read and would be a good introductory article by Wallerstein to provide for a group of parents or teachers who are not familiar with Wallerstein's research and major publications. Good for workshop handout.

Wallerstein, J. and Kelly, J . (1980). Surviving the breakup how children cope with divorce .New York: Basic Books.

An initial report concerning the effects of children from divorced parents, the book gives countless case studies of children (subjects) involved in the California Children of Divorce Project initiated in 1971. This represents one of the earlier major contribuions in the field of children of divorce. An easy book to read but it contains a lot of findings which are important for parents and teachers. It will help them gain a better insight into the developmental differences in children and how that determines their individual understanding and responses to divorce and separation. This was a summation of the first five years of the project.

Wallerstein, J. & Blakeslee, S. (1989). Second chances men women & children a decade after divorce who wins, who loses-and why .New York: Ticknor & Fields.

This is an update of those 131 children that Wallerstein studied in relation to their coping skills dealing with the parental divorce. Now the results are including some children who were monitored for ten and even fifteen years. The devastating results of divorce on the emotional and social development for over one-third of the children are presented. This is a collection of interviews from the actual cases.